

Swimming

TENNIS: SEMI-PRIVATE WORKOUT ADVANCED

Students must have completed the Advanced Intermediate level or have considerable playing experience. Students must have special permission from the Tennis Scheduler. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class. No class 5/ 27.

Ramirez, David A Marina Park Tennis Court 15871 Graham St
9206.200 Adult 3/25 - 6/3 9:00am-10:00am M \$130

TENNIS: SEMI-PRIVATE WORKOUT SUPER SENIORS

For the students who can successfully execute forehands, backhands, volleys, serves and know how to keep score. This class will focus on drills for doubles skills in organized team play. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Moore, James E Murdy Community Center Tennis Court #1
9248.200 55yrs to Adult 3/28 - 5/30 8:00am-9:00am Th \$130

TENNIS: SEMI-PRIVATE WORKOUT WOMEN'S DOUBLES

For the students who can successfully execute forehands, backhands, volleys, serves and know how to keep score. Designed for the woman, that wants more playtime with strategy instruction on the "art of doubles." No partner needed. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Moore, James E Murdy Community Center Tennis Court #1
9250.200 Adult 3/28 - 5/30 10:30am-11:30am Th \$130

TENNIS: STROKE OF THE DAY

For the players that can successfully execute forehand, backhand, volleys, overheads and serves but want to improve their technical skill to an advanced level. Focus will be on slice and spin development. A different stroke will be covered each class, including serve, overhead, drop shot, lob, volleys and ground strokes.

Moore, James E Marina Park Tennis Court 15871 Graham St
9256.200 Adult 3/26 - 5/28 10:30am-11:30am Tu \$90

TENNIS PRIVATE LESSONS

For students who desire more individual attention, private lessons are available for one or two students at Murdy and Edison Community Centers for all levels. Dates and times to be pre-arranged with instructor. For registration and instructor contact information, please contact Murdy or Edison Community Centers. If you would like a larger group of students in the private lesson setting, the instructors also offer this at the following rates; 3-4 students for 64/hour, 5-6 students for 72/hour.

Danielson, Brenda L	9154.200	3yrs to Adult	3/25 - 6/23	\$55
Nieto, Rafael E	9155.200	3yrs to Adult	3/25 - 6/23	\$55
Monroe, Lynn S	9231.200	3yrs to Adult	3/25 - 6/23	\$55
Barrie, Monty A	9157.200	3yrs to Adult	3/25 - 6/15	\$55
Moore, Jim	9257.200	3yrs to Adult	3/25 - 6/15	\$55
Ramirez, David	9159.200	3yrs to Adult	3/25 - 6/15	\$55
Ramey, Mai-ai	9160.200	3yrs to Adult	3/25 - 6/15	\$55
Arbeiter, Andrew	9202.200	3yrs to Adult	3/25 - 6/15	\$55

Parks & Recreation...
Promote Longevity
...The Benefits Are Endless

SPRING 2013 – PRIVATE SWIM LESSONS

For students and parents who desire more individual attention, the Community Services Department now offers private swim lessons. Private swim lessons will consist of five (5), fifteen (15) minute swim classes, held once a week on Friday afternoons. Classes will be held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions. Online registration NOT available.

- Private lessons will be taught with 1 to 1 participant to instructor ratio - Class Fee: \$75

OR

- Small Group lessons are also available with maximum 2 students per instructor - Class Fee: \$85

All Private Lessons Held at City Gym and Pool

Private Swim Schedule – Session 1

Class Number	Time	Age	Day	Dates
8524.200	3:20pm	3yrs to Adult	F	3/29 – 4/26
8524.201	3:20pm	3yrs to Adult	F	3/29 – 4/26
8524.202	3:20pm	3yrs to Adult	F	3/29 – 4/26
8524.203	3:40pm	3yrs to Adult	F	3/29 – 4/26
8524.204	3:40pm	3yrs to Adult	F	3/29 – 4/26
8524.205	3:40pm	3yrs to Adult	F	3/29 – 4/26
8524.206	4:00pm	3yrs to Adult	F	3/29 – 4/26
8524.207	4:00pm	3yrs to Adult	F	3/29 – 4/26
8524.208	4:00pm	3yrs to Adult	F	3/29 – 4/26
8524.209	4:20pm	3yrs to Adult	F	3/29 – 4/26
8524.210	4:20pm	3yrs to Adult	F	3/29 – 4/26
8524.211	4:20pm	3yrs to Adult	F	3/29 – 4/26
8524.212	4:40pm	3yrs to Adult	F	3/29 – 4/26
8524.213	4:40pm	3yrs to Adult	F	3/29 – 4/26
8524.214	4:40pm	3yrs to Adult	F	3/29 – 4/26
8524.215	5:00pm	3yrs to Adult	F	3/29 – 4/26
8524.216	5:00pm	3yrs to Adult	F	3/29 – 4/26
8524.217	5:00 pm	3yrs to Adult	F	3/29 – 4/26

Private Swim Schedule – Session 2

Class Number	Time	Age	Day	Dates
8524.218	3:20pm	3yrs to Adult	F	5/3 – 5/31
8524.219	3:20pm	3yrs to Adult	F	5/3 – 5/31
8524.220	3:20pm	3yrs to Adult	F	5/3 – 5/31
8524.221	3:40pm	3yrs to Adult	F	5/3 – 5/31
8524.222	3:40pm	3yrs to Adult	F	5/3 – 5/31
8524.223	3:40pm	3yrs to Adult	F	5/3 – 5/31
8524.224	4:00pm	3yrs to Adult	F	5/3 – 5/31
8524.225	4:00pm	3yrs to Adult	F	5/3 – 5/31
8524.226	4:00pm	3yrs to Adult	F	5/3 – 5/31
8524.227	4:20pm	3yrs to Adult	F	5/3 – 5/31
8524.228	4:20pm	3yrs to Adult	F	5/3 – 5/31
8524.229	4:20pm	3yrs to Adult	F	5/3 – 5/31
8524.230	4:40pm	3yrs to Adult	F	5/3 – 5/31
8524.231	4:40pm	3yrs to Adult	F	5/3 – 5/31
8524.232	4:40pm	3yrs to Adult	F	5/3 – 5/31
8524.233	5:00pm	3yrs to Adult	F	5/3 – 5/31
8524.234	5:00pm	3yrs to Adult	F	5/3 – 5/31
8524.235	5:00pm	3yrs to Adult	F	5/3 – 5/31

Swimming

Spring Swimming

The City of Huntington Beach is pleased to offer a complete spring swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered to age six months through adult and teach skills from water adjustment through lifeguarding techniques. Classes consist of ten lessons unless otherwise specified.

PRIVATE SWIM LESSONS

Lessons will be 15 minutes each, divided into two 5 week sessions, and will be available for 1 or 2 students on Friday afternoons. For cost and more info please see the previous page or contact the City Gym and Pool at (714) 960-8884. Registration begins 9:00am, March 5. Private lessons MUST be done In-Person.



American
Red Cross

City Gym and Pool

1600 Palm Ave. 714-960-8884

Register online beginning 9:00am **March 5** at hbsands.org or register in person at the City Gym and Pool during normal business hours.

Office Hours:

M-Th: 9 am - 9 pm, Fri: 9 am-8 pm, Sat: 9 am-1 pm

SWIM LEVELS

Parent and Child (PC) 6 month to about 3 years:

Parents and children learn together through two fun-filled levels to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills.

PC Level 1 (PC 1) – Introduces Basic skills including safety topics to parents and children

PC Level 2 (PC 2) – Builds on the skills introduced in level 1, with participants improving these skills and learning more advanced skills.

Preschool Aquatics (PA) About 4 to 5 years: Three fun, age-appropriate levels teach basic aquatic safety and survival skills to increase children's comfort level in and around the water.

PA Level 1 (PA 1): Orients children to the aquatic environment and helps them gain basic aquatics skills.

PA Level 2 (PA 2): Helps children gain greater independence in their skills and develop more comfort in and around water.

PA Level 3 (PA 3): Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

Learn-to-Swim (LS) About 6 years through adult: Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.

Level 1 (LS 1): Introduction to Water Skills: Ages 6 and up. Builds confidence and develops safety skills in and around water for children with little or no prior swim instruction.

Level 2 (LS 2): Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.

Level 3 (LS 3): Stroke Development: Must hold level 2 certificate or be able to perform at the equivalent skill level. Students refine the front and back crawl and are introduced to the butterfly-kick.

Level 4 (LS 4): Stroke Improvement: Must hold level 3 certificate or be able to perform at the equivalent skill level. Students will be introduced to the breast stroke, elementary backstroke and butterfly.

Exceptional Swim: Designed for participants with any disability. This is a supervised non-instruction swim time.

Adult Lessons: Adults will improve swimming skills and learn new skills.

Need additional help or have questions?

Knowledgeable staff will be available at the City Gym and Pool to assist you with questions about aquatic programs. You can find out more information about swim levels or have your child tested for appropriate swim level placement. City Gym staff can also help you set up an online account so you will be prepared to register online.

SWIM LEVEL TESTING:

Have your child tested for the appropriate swim level placement. Please call the City Gym and Pool at 714-960-8884, to schedule an appointment.

Saturday, Feb. 23 1 -2 pm

Saturday, March 2 1 -2 pm

SENIOR CITIZEN SWIM (55+)

Senior citizens have a special afternoon all to themselves at the City Gym and Pool. Come and enjoy the heated pool.

City Gym Pool 1:30pm - 3pm **\$2** **Friday**

Swimming

SPRING 2013 - CITY GYM SWIM SCHEDULE

Fees: \$50 per 10-class session – All swim lessons are one half hour.

All classes held at the City Gym and Pool - 1600 Palm Ave. **No Classes Monday, May 27th.**

Time	Mon/Wed 3/25 - 4/24	Tues/Thurs 3/26 - 4/25	Mon/Wed 4/29 - 6/3	Tues/Thurs 4/30 - 5/30	Saturday 3/30 - 6/1
8:00am					LS 1- 8502.204
8:30am					LS 2- 8503.205
9:00am					PA L1- 8501.213 PA L2- 8626.225
9:30am	PA L1- 8501.200 PA L2- 8626.200	PA L2- 8626.205 PA L3- 8627.203	PA L1- 8501.208 PA L2- 8626.213	PA L2- 8626.218 PA L3- 8627.212	PA L2- 8626.226 PA L3- 8627.218
10:00am	PA L2- 8626.201 PA L3- 8627.200	PA L1- 8501.204 PA L2- 8626.206	PA L2- 8626.214 PA L3- 8627.207	PA L1- 8501.210 PA L2- 8626.219	PC L1- 8500.206
10:30am	PC L1- 8500.200	PC L1- 8500.201	PC L1- 8500.203	PC L1- 8500.204	PC L2- 8628.206
11:00am	PC L2- 8628.200	PC L2- 8628.201	PC L2- 8628.203	PC L2- 8628.204	PA L1- 8501.214 PA L2- 8626.227
11:30am		PA L1- 8501.205 PA L2- 8626.207		PA L1- 8501.211 PA L2- 8626.220	PA L2- 8626.228 PA L3- 8627.219
12:00pm		PA L2- 8626.208 PA L3- 8627.204		PA L2- 8626.221 PA L3- 8627.213	LS 1- 8502.205 LS 2- 8503.206
12:30pm					LS 3- 8504.205 LS 4- 8505.202
2:00pm	PA L1- 8501.201 PA L3- 8627.201	PA L2- 8626.209 PA L3- 8627.205	PA L1- 8501.209 PA L3- 8627.208	PA L1- 8501.212 PA L3- 8627.214	
2:30pm	PA L2- 8626.202 PA L3- 8627.202	PA L2- 8626.210 PA L3- 8627.206	PA L2- 8626.229 PA L3- 8627.209	PA L2- 8626.222 PA L3- 8627.215	
3:00pm	PA L1- 8501.202 PA L2- 8626.203	PA L1- 8501.206 PA L2- 8626.211	PA L2- 8626.216 PA L3- 8627.210	PA L2- 8626.223 PA L3- 8627.216	
3:30pm	LS 1- 8502.200	LS 1- 8502.201	LS 1- 8502.202	LS 1- 8502.203	
4:00pm	LS 2- 8503.200	LS 2- 8503.202	LS 2- 8503.203	LS 2- 8503.204	
4:30pm	LS 2- 8503.201	LS 3-8504.200	LS 3- 8504.202	LS 3- 8504.203	
5:00pm		LS 3- 8504.201		LS 3- 8504.204	
5:30pm		LS 4- 8505.200		LS 4- 8505.201	
6:00pm		PC L1- 8500.202		PC L1- 8500.205	
6:30pm	PA L1- 8501.203 PA L2- 8626.204	PC L2- 8628.202	PA L2- 8626.217 PA L3- 8627.211	PC L2- 8628.205	
7:00pm	Recreation Swim \$2	PA L1- 8501.207 PA L2- 8626.212	Recreation Swim \$2	PA L2- 8626.224 PA L3- 8627.217	
7:30pm		8507.200 Exceptional Swim \$18		8507.201 Exceptional Swim \$18	
8:00pm	Adult Swim \$2 8-8:30 PM	8508.200 Adult Lessons	Adult Swim \$2 8-8:30 PM	8508.201 Adult Lessons	